

Army Community Service (ACS) Soldier & Family Readiness Program

New Parent Support Program



The New Parent Support Program (NPSP) is a professional team of social workers and nurses that provide supportive and caring services to military families. Our trained and supervised home visitors have extensive knowledge of the issues confronting military parents in the new millennium and are sensitive to the unique challenges they face. The NPSP will help you learn to cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood. This voluntary participation program was developed to assist military families in many ways similar to that of friends and family.

For more information or register, please call (719) 526-8747, or register online with [EVENTBRITE.COM](https://www.eventbrite.com)



Boot Camp for New Dads: A discussion group that meets and discusses topics, which include becoming a new dad, caring for a baby and caring for mom. First Tuesday of the month / 9:00 a.m. to 12:00 p.m. / ACS Building 1526.

Home Visitors: A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services (i.e., support, referrals) are provided free of charge by New Parent Support Program (NPSP) Staff. Available Monday thru Friday from 8:00 a.m. to 5:00 p.m. Evenings are available on a limited basis.

Infant Massage: Teaches parents how various massage techniques can increase the bond between parent and baby. Topics include: systematic strokes to alleviate colic, creating strong bonds and increasing the communication between baby and parent. Every Tuesday / 10:00 a.m. to 11:30 a.m. / Nurturing Center, Building 7790

Nurturing (0 to 5 years): Teaches parents to be nurturing to their children as well as themselves. Topics include communication with your child, how to build your child's self-esteem, behavior management techniques and much more. Program runs 12 weeks and starts the week after registration. Meets on Wednesday's from 9:30 a.m. to 12:00 p.m. at the Nurturing Center, Building 7790. Call for specific session and registration dates.

Nurturing (5 years to 12 years): Teaches parents to be nurturing to their children as well as themselves. Topics include communication with your child, how to build your child's self-esteem, behavior management techniques and much more. Program runs 12 weeks and starts the week after registration. Meets on Wednesdays from 5:30 p.m. to 8:00 p.m. at the Nurturing Center, Building 7790. Call for specific session and registration dates.

Nurturing (Baby): A class for parents with infants that are 18 months or younger. Topics include: child development, sleeping through the night, starting on solids and breast feeding. Open to expectant families. Every Tuesday / 11:30 a.m. to 1:00 p.m. / Nurturing Center, Building 7790.

Playgroup: A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills. Every Friday / 10:00 a.m. to 12:00 p.m. / Nurturing Center, Building 7790.

Toddler Time: Offers participants an opportunity to come together and interact on topics such as: gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above. Every Thursday / 9:30 a.m. to 11:00 a.m. / Nurturing Center, Building 7790

ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 10:00 a.m. start time with the exception of the Family Enrichment events (i.e., AFTB, FRG, ITC, Rear D), those will start at their regular start time. If the installation is closed (2 or more hours), ACS classes will be canceled and rescheduled. For installation weather notifications, visit www.carson.army.mil or call (719) 526-0096. We apologize for any inconveniences that this may cause.

Army Community Service (ACS), ACS Center, Building 1526, 6303 Wetzel Avenue, Fort Carson, Colorado 80913-4104 / TEL: (719) 526-4590 / TOLL FREE 1-866-804-8763 / TTY: (719) 526-1949 DSN: 691 / FAX: (719) 526-2637 / WEB SITE: www.carson.army.mil (Click on Services) / Facebook Username: Fort Carson Army Community Service / Twitter Username: Fort Carson ACS

